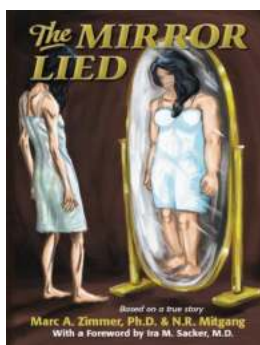


Breaking Free: The Incredible Journey of One Woman's 25-Year Struggle With Bulimia, Anorexia, Diet Pill Addiction, and Laxative

For over two decades, Jane Smith found herself trapped in a vicious cycle of self-destruction. Her battle with eating disorders – bulimia and anorexia, along with a severe addiction to diet pills and laxatives – had a grip on her life, altering every aspect of her existence. In this article, we delve deep into Jane's harrowing journey of suffering, recovery, and empowerment, shedding light on the struggles faced by those who suffer from these debilitating conditions.

From a young age, Jane had been deeply conscious of her weight. Growing up in a society obsessed with appearance, she constantly felt the pressure to meet unrealistic beauty standards. As she entered her teenage years, her insecurities skyrocketed, leading her down a dangerous path.

It began innocently enough with dieting and occasionally skipping meals. But soon, Jane found herself succumbing to the sinister allure of bulimia – a disorder characterized by secretive bingeing and purging. She would consume large quantities of food in a frenzied episode, only to induce vomiting or employ other harmful methods to rid her body of the calories she deemed unacceptable.



The Mirror Lied: One woman's 25-year struggle with bulimia, anorexia, diet pill addiction, laxative abuse and cutting by N.R. Mitgang (Kindle Edition)

★★★★☆ 4 out of 5

Language : English

File size : 913 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 331 pages
Lending : Enabled



As the years passed, Jane's condition worsened. She transitioned from bulimia to anorexia, her weight plummeting to dangerously low levels. Every bite that passed her lips became a battle of willpower, and her self-worth was solely determined by the number on the scale. Determined to maintain control over her weight and appease the monster inside her mind, Jane embarked on a new dimension of self-destruction.

Addiction to diet pills and laxatives became her twisted reality, as she desperately sought a "quick fix" to achieve the unattainable perfection society demanded. These pills, advertised as miracles in a bottle, promised effortless weight loss and the key to everlasting happiness. However, in Jane's case, they only exacerbated her troubles.

The side effects of these dangerous substances began to wreak havoc on Jane's physical and mental health. She suffered from severe dehydration, heart palpitations, and constant fatigue. Her relationships with friends and family strained under the weight of her condition, and she found herself becoming more withdrawn and isolated.

But in the darkest of moments, a glimmer of hope appeared. Jane reached a breaking point, realizing that her life was slipping away in the clutches of her disorders. With sheer determination, she made the conscious choice to seek help and embark on a path towards recovery.

Throughout her journey, Jane faced numerous hurdles. Battling her demons was an uphill struggle, with setbacks and relapses testing her resolve. However, she found strength in therapy, support groups, and the unwavering support of loved ones. It was not an overnight victory, but rather a long and arduous process of self-discovery and acceptance.

Today, Jane stands tall as a testament to the resilience of the human spirit. She has conquered her eating disorders, gotten clean from her addiction to diet pills and laxatives, and is leading a healthy, balanced life. Her experience has fueled her passion to raise awareness about these silent battles so many individuals face behind closed doors.

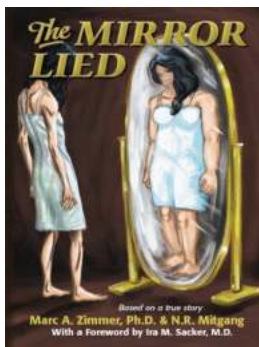
By sharing her story, Jane hopes to break down the barriers of shame and stigma surrounding eating disorders and addiction. She wants to reveal the true nature of these struggles, dispelling misconceptions and fostering empathy. Through her outreach efforts, she aims to help those still trapped in the clutches of their disorders find the strength to seek help and embark on their own healing journey.

Reflecting on her past, Jane acknowledges the immense societal pressure placed on individuals, particularly women, to fit into a narrow definition of beauty. She stresses the importance of embracing diversity and promoting body positivity. Her message echoes loud and clear – every person deserves love, acceptance, and respect, regardless of their external appearance.

In the end, Jane's story is one of hope, courage, and redemption. It serves as a reminder that no matter how bleak the situation may seem, there is always a way out. Her triumph over her 25-year battle with bulimia, anorexia, addiction to diet pills, and laxatives underscores the strength of the human spirit and the power of resilience.

Today, Jane is an advocate for mental health and works tirelessly to support individuals struggling with eating disorders and addiction. Her story inspires others to break free from the shackles of their own demons, and serves as a beacon of hope in an often dark and lonely world.

Remember, you are never alone in your struggles. Reach out, seek help, and never underestimate the strength within you. You, too, have the power to unleash your own remarkable journey of healing and transformation.



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ANOREXIA AND BULIMIA AUTHOR SPEAKS OUT: “BREAK THE CYCLE”

Veteran author, N.R. Mitgang, speaks out in his online video debut.

<http://youtu.be/GKluiPO-Znl>

Watch. Listen. Learn. Live better. Break the cycle.

“A book that will make you cry and leave you with hope and lifted spirits.”

– Ira M. Sacker, M.D., internationally acclaimed expert on eating disorders and co-author of "Regaining Your Self" and "Dying to Be Thin"

From the best-selling co-author of "Dying to Be Thin," Marc A. Zimmer, Ph.D.

“The Mirror Lied" is a heartfelt account of individuals suffering from eating disorders. Their personal stories take the reader through their challenging journey and their life inside and outside 'the bubble.' This insightful, engaging and masterful book is a must-read for individuals suffering from eating disorders and their loved ones.”

– Judy E. Marshel, Ph.D., RD, nutrition therapist and corporate consultant with a private practice specializing in eating disorders in New York

Before she turned twenty, Jessica Gordon was raped by the person entrusted to protect her and nearly killed by her brother, but those events paled in comparison to the life and death struggles she faced for the next twenty-five years. "The Mirror Lied" chronicles, in personal and often stark terms, Jessica Gordon's decades-long battles with bulimia, anorexia, diet pill addiction, laxative abuse, and cutting.

Told in Jessica's voice, and based on extensive interviews with her, the book has been called gripping, compelling, inspirational and heart-wrenching. Readers are pulled into Jessica's world of mistreatment, pain and struggle as they witness her effort to overcome this debilitating disorder. They also meet the people fighting to save her life.

“Eating disorders are now a deadly epidemic affecting millions of people in the United States,” notes Dr. Marc A. Zimmer, the psychotherapist who treated

Jessica and a co-author of the book. "We hope Jessica's story will prevent others from suffering the same fate."

Woven throughout her story is important information about the habits and motivations of people trapped in the world of eating disorders. Readers will learn to identify behaviors that point to these complex and confusing disorders and how to provide support. "More must be done to prevent this disease," notes eating disorder expert Ira M. Sacker, M.D. who wrote the book's foreword. "Why? The answer is simple. Once an eating disorder begins, especially if it is left unchecked or improperly treated, it can kill its victim."

"The Mirror Lied" also provides an extensive section of risk assessments, as well as a unique twenty-step program detailing what to do if you find you have an eating disorder. The book is a must read for parents, teenagers, physicians, psychotherapists, academics and anyone who knows someone affected by an eating disorder.

AMAZON GALLERY REVIEW (06/04/2011 - Parenting & Families):

"By Reason of Insanity"

The title and graphics on cover is exceptionally effective and says it all. It saddened me to tears... This preview is more than just well written, it drives home the thunderous point with gentle persuasion and brutal force without knowing it -- I hope everyone with this debilitating disorder buys their own personal copy as a bible of sort if you will. You write with so much conviction that anyone reading it could not help but be inspired and take heed.

Well done! Amazing work...

5 stars

Open honest account of eating disorder (August 29, 2011)

By K. Mcbain "Bikram_Yoga_Chick" (SEATTLE, WA, US)

Honest memoir about anorexia & bulimia.

Really lets the reader get into the head of someone with an eating disorder.

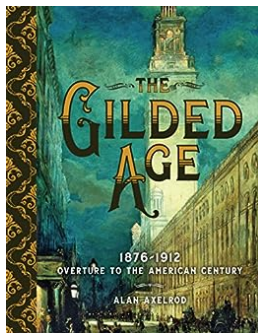
A must read for anyone who has gone through or known anyone who has gone through this.

It can be very healing to read about someone else's experience.



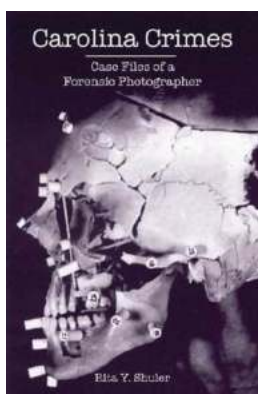
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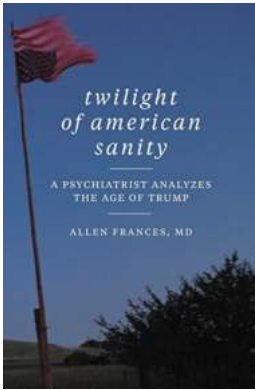
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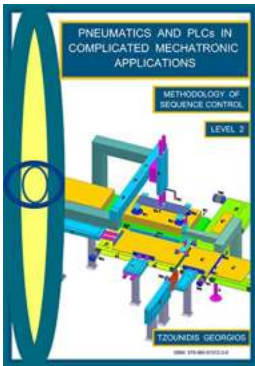
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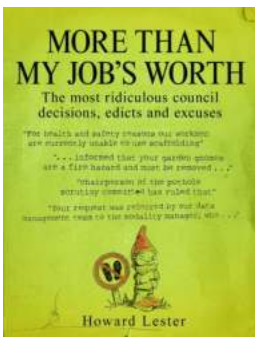
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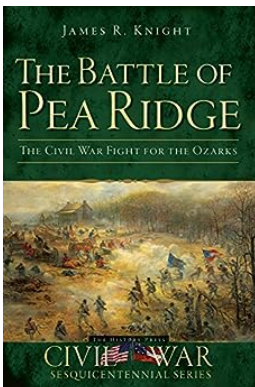
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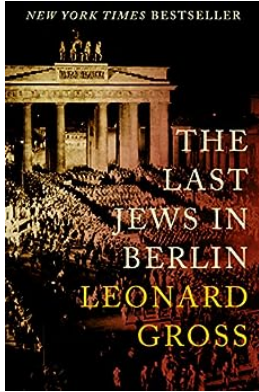
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